

Next class
will be held
Spring
Break
2016

Gilbert Parks and Recreation

Lifeguard Training 2015

Great Experience for a Greater Opportunity

Class Size Limited
Register
Today!

Instructors:

Amy Behrens,
Nici Bryan

Materials Needed:

Swim Suit
Goggles (optional)
2 Towels
Change of Clothes
Lunch, Snacks,
Water
Lifeguard Training
Manual

ATTENDANCE IS MANDATORY!!

In order to receive lifeguard training certification, you must be in attendance during all class sessions (NO exceptions), pass the final skills scenarios and the written exams.

The following pre-requisites must be completed during the first class session in order to continue on with the course:

Prerequisite 1: 300-Yard Swim

➤ Students must perform a 300-yard continuous swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not permitted. Swim goggles are allowed.

Prerequisite 2: Tread Water

➤ Students must tread water for 2 minutes without support and without stopping. When treading, only the legs can be used. Candidates should place their hands under the armpits. The head must remain above the surface of the water.

Prerequisite 3: Timed Event

➤ Students must swim a distance of 20 yards and place a 10-pound object at a depth of 7 to 10 feet performed within 1 minute and 40 seconds. Students will start in the water, swim 20 yards. The face may be in or out of the water, surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. The participants should not swim the distance under water. They will then exit the water without using a ladder or steps.

| Course | Barcode | Days | Times | Dates | Complex | Classes | Fee |
|--------------------|---------|--------------|---------|---------------------|--------------------------|---------|-------|
| Lifeguard Training | 85246 | Sat, Mon-Thu | 9am-4pm | Oct 10, 12-15, 2015 | Greenfield Jr. High Pool | 5 | \$130 |

Register online at www.gilbertrecreation.com.

For further information please contact the Town of Gilbert at 480-503-6200.

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